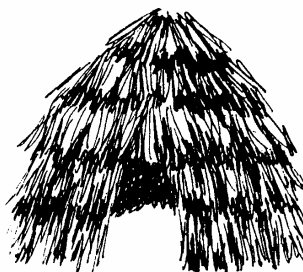


September Senior Center Gazette 2006



Friday, September 8 1:30 p.m. Birthday Party Entertainment by Wild Things!

Join us to see the wonderful wild animals from Wild Things! during our September Birthday Party. Even if September is not your birthday month, you will want to visit with the animals and share in the fun at 1:30 p.m. Birthday cake, ice cream, and coffee will be served. Prizes will be awarded in a drawing to September birthday Seniors. Prizes have been donated by Kathy's Floral Designs, Atria's Retirement Inn, Cookies by Design, Rose's Mortuary, and the Builder's Fund, which also provides the entertainment.



(Ohlone Tule house above)

Tues., September 19, 1 pm
Speaker presentation on
"OHLONE CULTURE:
FIRST PEOPLE OF THE
BAY AREA"
Dino Labiste, Naturalist
Coyote Hills Regional Park

LAVENDER SENIORS
OF THE EAST BAY
Friday, Sept. 22, 12 Noon

Come for lunch at 12 and a meeting at 1 pm. We welcome all Lesbian, Gay, Bisexual, & Transgender seniors & their friends to join us for lunch at the Senior Center sponsored by Alternative Mortgage Sources.

COMMUNITY SERVICES

FREMONT HUMAN SERVICES DEPARTMENT.....	574-2050
Coordination of services for homebound seniors.....	574-2041
Senior Center.....	790-6600
Senior Information & Referral.....	574-2041
Fremont Paratransit Program.....	574-2053
Multi-Purpose Senior Services Program (MSSP).....	574-2050
Senior Peer Counseling.....	574-2063
Caregiver Support Program.....	574-2035
LIFE ELDERCARE.....	574-2090
Meals on Wheels.....	574-2092
Friendly Visitor Program.....	574-2097
Travel Escort Program.....	574-2096
AFGHAN ELDERLY ASSOCIATION.....	574-2059
ALAMEDA COUNTY WEBSITE.....	www.alameda.networkofcare.org
ALZHEIMER ASSOCIATION HOTLINE.....	1-800-660-1993
ALZHEIMER'S SERVICES OF THE EAST BAY.....	888-1411
BACS ADULT DAY CARE CENTER.....	656-7742
COMMUNITY HEALTH RESOURCE LIBRARY.....	494-7030
EAST BAY PARATRANSIT.....	1-800-555-8085
HEALTH INSURANCE INFORMATION SERVICE.....	1-800-770-9447
HOMESERVICES REGISTRY.....	574-2095
HOUSING ASSISTANCE (OFFICE OF NEIGHBORHOODS).....	494-4500
After hours.....	494-4505
LEGAL ASSISTANCE FOR SENIORS.....	1-800-393-0363
MEDICARE.....	1-800-952-8627
MEDICARE & INSURANCE COUNSELING (HICAP).....	1-800-393-0363
TRI-CITY HEALTH CLINIC.....	713-6685
SENIOR LIBRARY SERVICES.....	745-1499 or 745-1491
SOCIAL SECURITY.....	1-800-SSA-1213
TRI-CITY ELDER COALITION.....	574-2064

BRIDGE BASICS 1:
AN INTRODUCTION
8 classes/\$80 + \$13 text
starts Tues. Sept. 12, 7-9 pm
"A great way to learn!" say
Senior Center students.

Taught by Jim Solomon
ACBL Life Master,
ACBL-certified Bridge Director
ACBL-accredited Bridge Instructor
Sign up in the Office.

INVESTING FOR
MATURE INVESTORS
By Drew Thompson
of Edward Jones

Five session class,
back by popular demand!
Starts Monday, September 10
2:30-4:30 pm

No fee for an educational class on how to manage your money, different types of investments, and what to look for in choosing people to work with. A text notebook is included. Please sign up at the Senior Center Office.

Day Trips 2007! September 8, 10 am

Where do you want to go? What do you want to see? We had overnight trip meetings in July & August. This is your chance to decide what day trips you want.

Senior Center Day Trips

Sept. 27: Stuck on Roses! Tours Mrs. Grossman's Sticker Factory (the best scrap-booking place ever!) & glorious Russian River Rose Company with over 600 varieties of roses.

Oct. 11: Historical Half Moon Bay, Guided tour of downtown, lunch, Half Moon Bay Nursery.

Nov. 12: Oklahoma! At Garbeau's Dinner Theatre

Dec. 3: Beach Blanket Babylon

Senior Commission Meeting
Rescheduled for
Sept. 22, 9:30 am in the
Ardenwood Conference Room



The City of Fremont does not discriminate on the basis of disability. Reasonable auxiliary aids are provided upon request to persons with disabilities to afford equal opportunity to services, programs, and activities. Inquiries may be forwarded to the Director of the Human Services Department, P.O. Box 5006, Fremont, CA 94537, (510) 574-2051 or (510) 574-2040.